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# Winter Safety Tips



Winter weather conditions can be dangerous and place you at risk of suffering an injury. Following proper safety protocols will help you avoid injuries both in the workplace and outside the workplace. Here are some safety tips to follow over the coming winter months.

The most common type of winter injury stems from **slip and fall** accidents. Snowy and icy conditions can make for slippery surfaces and the risk of falling.

**To help prevent a slip and fall:**

- Ensure that you or your employer spreads deicer before and after a winter storm.
- Always wear appropriate shoes and watch out for black ice on the ground.
- Walk slowly and take shorter steps.
- If a fall is inevitable, let your body go limp; don't try and break your fall by extending your wrists or knees.



Cold stress is very common in the winter months, especially for those who work outside. This occurs when

your skin temperature drops causing your body temperature to do the same. Cold stress conditions include Trench foot, Frostbite and Hypothermia.

**To help prevent cold stress:**

- Always dress appropriately and cover all exposed skin before going outside.
- If you feel as though your body is getting too cold, take a break and spend time inside.
- Drink warm beverages and remove damp clothing to prevent injury.



Work injuries are very common during the winter months due to workers being exposed to oncoming traffic, difficult tasks, slippery surfaces and overexertion.

**To help prevent injury and workplace accidents:**

- Always wear high visibility vests if working near traffic to ensure that you are visible to motorists.
- While shoveling snow, scoop small amounts at a time to help avoid injury. Keep your back straight, lift with your legs and don't twist your body.
- Personal protective equipment should be used when removing snow from elevated surfaces.



Unfortunately, if someone else is negligent, even people who follow every safety guideline can be injured. **Rhoades & Morrow** is dedicated to fighting for the rights of individuals, who have been injured. If you or a loved one has been injured in an **accident**, contact Rhoades & Morrow **online** or call us at **302-427-9500**. We serve clients throughout the State of Delaware and have offices in Wilmington, Bear, and Milford, Delaware.

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